

SENIOR CHAIR YOGA

LOWER BLOOD PRESSURE - RELAXATION - STRENGTHEN MUSCLES



EVERY WEDNESDAY

SESSION 1: 11/20 – 1/08

SESSION 2: 01/15 - 02/19

SESSION 3: 02/26 - 04/02

TIME: 3:00 PM - 3:45 PM

FEE PER 6 WEEK SESSION:

RPB RESIDENT - \$55

NON-RESIDENT - \$70

LOCATION:

RECREATION CENTER

100 SWEET BAY LANE

ROYAL PALM BEACH, FL 33411



FOR MORE INFO CALL: 561-790-5124

YOGA-AN ALL-AROUND FEELING OF WELL BEING



WWW.ROYALPALMBEACHFL.GOV